

**ROUND 1 INTERVIEW**  
**August 11, 2023**

**STEPHEN AMES ( -5)**



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**Q. Stephen, despite a bogey at the last, you've got to be pretty pleased with your round overall today.**

**STEPHEN AMES:** I am very pleased with it considering I had three weeks off and played three times over the three weeks. Yeah, I'm quite happy with my performance today, yes.

**Q. You took that time off. How did you spend it?**

**STEPHEN AMES:** Not playing golf, for sure. It was two weeks in Trinidad. I was doing a lot of coaching with the juniors, so I was filling in because I hadn't been home in like four years. Then came back to -- went back to Turks for two days to change clothes and then came to Vancouver and played once there at Shaughnessy, which is nice. The Canadian Women's Open is there next week so I was kind of giving a little plug for them if you noticed on our Instagram, yeah. So that's what I was doing pretty much, not much.

**Q. Nice up and down on 8.**

**STEPHEN AMES:** Yeah, it was, it was nice. That was a lot of -- there was a lot of -- there was a lot of positives in there. When I got up and down on 8 was an example there. And of course I holed out on 16, too, for eagle. It was like, you know, I've noticed that the trend over the first 10 events or 12 events that I've played that I tend to -- when I hit a nice drive and I go for the green in two, I tend to not be able to capitalize on it. It's something that's in the back of my mind, it's something I'm going to work on for the next 10 events that we have.

**Q. Is it something this year, I mean, because you played so well this year and won this year, that you take the three weeks off, eventually you come back here and you're in contention again immediately?**

**STEPHEN AMES:** At this age of our careers it should be like riding a bicycle. You get on the horse again and you should be able to just kind of fall back into where you were the last three weeks before you played, which is where I was.

I was -- the main thing was the fact that I feel very energetic coming back because I had the three weeks off and I know I needed it. And the fact that I didn't go to the British was a reason for that, it was to try to get some energy back.

**Q. So your expectations were that you would be back and ready to go?**

**STEPHEN AMES:** You know, I have zero expectations when I play golf today. When I go

out and I play, I do my own routine, I do my own thing.

The main thing that I'm trying to control is my thoughts and my mannerisms and everything else while I'm doing it. I think if I stay with my routine the way I've done it for the first half of this year, which is the three, four, five days of working out, getting myself prepared physically, mentally the rest of it kind of falls into place.

**Q. Stephen, we talked on the range a couple days ago, a personal thing about your friends in Hawaii. I mean, what's going on over there. Can you speak on part of that?**

**STEPHEN AMES:** Yeah, it's tough. I've been going there since '04 for Christmas every year and the fact of watching the devastation that's gone out there in Maui, I mean, there's so many great restaurants and so many great places there in Maui and Lahaina itself, we would go down and eat and drink and do everything there. To watch the devastation that's happening there to those people there, it's like wow. It's going to be a while before they get themselves underneath their feet again just to keep going, so it's difficult.

At this stage right now I don't think we're going there for Christmas because that's a little unfair. It's actually something I'm thinking of is giving up all three weeks that we have there to somebody who actually needs it. So it's something I'm going to talk to (indiscernible) about and see what they say. It's something to think about because the hotel should be doing it even if the government's paying for it.